

Yoga

Upcoming
Events

PEDRETTI
POWER
YOGA

Heal the Body.
Heal the Mind.



Pedretti Power Yoga, 504 Redbird Circle, DePere, WI 54115

Upcoming Workshops

Beginner Workshop
Saturday, Sept. 18
1:00pm – 3:00pm

**Beginner & Advanced
Workshop**
Saturday, October 2
1:00pm – 3:00pm

Join Us!

Join us for one or both of these fantastic workshops.

Bring a friend, the more the merrier

Just starting out? Attend the Beginner Workshop on Saturday, Sept. 18. This two hour workshop covers the history of Yoga, basic poses, alignment and breathing techniques. Enhance mental focus – sleep better – challenge yourself. Cost \$35.00.

Improving your Practice

Strengthen your practice with the beginners and advanced workshop on **October 2**. **Amplify** your practice by building upon your flow. Cost \$35.00

Sign Up Today

See www.pedrettipoweryoga.com for more details and sign up information for these events.